

## Letters to the editor

### 8 Healthy Habits

The Warm Springs Diabetes program starting in September will host the Eight Healthy Habits classes: Come to learn about the eight healthy habits that will change your life.

Reward yourself, improve your energy and help lose extra pounds. Classes will start on Friday, September 20 at 12:05 p.m. in the clinic atrium. The classes will then continue every Friday until November 8.

Classes will consist of an eight healthy habits video course. A side salad will be provided every week. Feel free to bring your lunch.

If you have questions, call **Montell Elliott** at the Diabetes Department at 541-553-2478.

### A thank you

Family, Friends and Bro's of Woodrow Poitra,

We his family would like to thank each and every one of you for being at his Memorial.

Thank you Norman Lucci for being the speaker for our family. We really appreciated that, Grandpa.

Thank you Pastor Rick and Ursula Gibson for being the speakers at his grave site. You fulfilled his request, when he asked both of you to be his speakers back in 2018. Our deepest thank that you honored his wishes.

Thanking the elders and friends who donated; Winnie Howtopat, Neda Wesley, Laura Switzler, Annie Kalama, Arch Caldera, and Robert Charley.

Our family enjoyed having all the elders who came and shared their time with us. Thank you Don Sohapp, Neda Wesley, Laura Watchero, Robert Charley, Annie Kalama and Winnie Howtopat.

We thank our cook Alberta Comedown and all of her helpers.

We would like to thank everyone that accepted "Our Tiny" Leander Smith Jr. for his personal giveaway of pretzels to each and everyone who was the memorial service. We appreciate you for making him happy by taking the pretzel and eating it.

We give thanks to Winnie Howtopat for traveling in from Washington, and to Jackie Poitra and Tanner Vandal for coming in from North Dakota.

We appreciate Jack Williams and Brenda Cloud for

going to the grave site. Thank you for cleaning and preparing it for the headstone setting.

Our thanks to Chico Holliday for the use of his pickup to haul the headstone.

In conclusion, if we forgot anyone, our deepest thanks to you for the help, support and prayers.

**Jackalynn Poitra, Jackie Poitra, Tanner Vandal, Lester Poitra, Wilona Poitra, Laura Poitra, Louis Smith, Leander Smith Jr., Peggy Williams, Willard Poitra, Renee Poitra, Tyrell Poitra, Roshanda, Rhonda and Isaac Poitra.**

*P.S.: To the dummers, you are not forgotten, and we did miss you at the services.*

### Penny Carnival

Warm Springs HAPPY and Prevention Programs are putting on a **penny carnival** with foods, games, crafts and music this Wednesday, August 28 from 6-8 p.m. in the Youth Center gym.

Anyone interested in setting up a booth should contact the Prevention Program.

### Notes...

There will be a **food handlers class** this Thursday, August 29 from 2 to 4 p.m. at the clinic atrium. For more information call 541-553-1196.

If you are experiencing issues with your Warm Springs **Telecom services**, please call them at 541-615-0555.

You must call in for technicians to respond, troubleshoot and resolve your issue.

If you have unused or expired medications you need to get rid of, the Warm Springs Health and Wellness Center now has a **MedSafe drop box** to dispose of old meds. Bring them to large blue box located in the pharmacy waiting area to safely dispose of unneeded medications.

A Jefferson County **Veterans Service Outreach officer** is in Warm Springs at the Warm Springs Senior Center on third Tuesday of each month. Appointments are available for the morning by calling 541-475-5228.

### Proud mother

I'm now a proud mother. I'm very proud of my oldest son Floyd Frank Jr. He has a high school diploma from Madras High School.

I also have a very nice winter jacket of his. It's a winter jacket that he earned in playing basketball with other Indians in their All-Indian basketball tournament in 2001.

I still have that jacket, and there is no way I will ever part with it. I love my son Floyd Frank Jr.

I will always cherish what my oldest son has earned sincerely.

**Evette Patt**, 1075 Irvington Dr., Eugene OR 97404.

Also, Happy Birthday to my youngest son Avery Frank! His birthday is August 25.

### Indian Park

As the Indian Park camp host, I would like to say thank you for all the hard work you did at the park.

**Estelle Lawson.**

### Birth

*Gideon Elliot Zehr*

Raymond Zehr and Judy Zehr of Culver would like to announce the birth of their son Gideon Elliot, born on August 16, 2019.

Gideon joins brothers Richard, 11, Ezra, 7, and Dirk, 5; and sisters Chloe, 9, and Isabel, 3.

Grandparents on the father's side are Paul and Mary Zehr of Milton-Freewater.

Grandparents on the mother's side are Jason and Elsie Schrock of Halsey.

### Tribal Council

*The following are some of the items on the Tribal Council agenda for September (subject to change at Council discretion):*

**Tuesday, September 3**  
9 a.m.: Bureau of Indian

## Conservation Corp Crew of Warm Springs



Courtesy Estelle Lawson

**Great work this summer to the Warm Springs Youth Conservation Corp Crew:**

Thyreicia Simtustus, crew leader; Iysha Macy, Katrina Wolfe, Lois Squiemphen, assistant leader (front from left); Robert Warner, Silas Howtopat, Levi Joe, Jeremiah Blackwolf, Mateo B. Smith, and Nathaniel Jensen (back from left).

Affairs update with Floy Anderson, superintendent.

9:30: Office of the Special Trustee update with Charles Jackson.

10: Realty items with Carmen Perkins, BIA Realty.

10:30: Canoe Journey with Jefferson Greene.

11: OHSU On Track program with the Education Committee.

1:30 p.m.: Legislative update calls.

2:30: Tribal attorney update.

### Wednesday, September 4

9 a.m.: Indian Health Services modernization plan update with Michele Miller, IHS.

10: CenturyLind right-of-way update with Jim Manion.

11: Tribal Court assessment with Judge Lisa Lomas.

1:30 p.m.: Sacred Food project with OSU Extension.

2:30-5 p.m.: SBA and Hud 184 lending with Dustin Seyler and Chris Watson, Warm Springs Community Action team.

Thursday, September 5: U.S. Attorney's 2019 Marijuana Summit.

### Monday, September 9

9 a.m.: Budget overview with Michele Stacona, Secretary-Treasurer, and Alfred Estimo, Finance director.

9:30: Chief Operations Officer update with Alysa Macy.

10:30: Natural Resources update with Robert Brunoe, general manager.

1:30 p.m.: Human Services update with Caroline Cruz, general manager Health and Human Services.

3:30: Education Branch update with Valerie Switzler, branch manager.

### Tuesday, September 10

9 a.m.: Public Safety update with Carmen Smith, branch manager.

11: High Lookee Lodge update with Jolene Greene, director.

1:30 p.m.: Public Utilities update with Travis Wells, director.

3:30: Secretary-Treasurer report with Michele.

4:30: Community assistance update.

### Wednesday, September 11

9 a.m.: Human Resources report with Cheryl Tom.

10: Governmental Affairs report with Louie Pitt.

11: Finance report with Alfred.

1:30: Administrative Services report.

*Agenda continues on page 8*

**Recovery Never Ends Family Conference**

**Inspiration**  
NEXT EXIT

We will join the "HANDS ACROSS THE DESCHUTES BRIDGE" Saturday Morning!

**September 19 - 21, 2019**  
All Welcome - No Cost  
He-He Longhouse, Warm Springs OR

Directions: 18 miles north of Warm Springs on Hwy 26 / Mp 85 at Jct go west on dirt road for 1 mile to He-He Longhouse

Speakers / Support / Camping / Music / Wellbriety  
Sweathouse / POWWOW / FUN  
ALL COMMUNITY MEMBERS WELCOME!

For more information call or email Sarah at  
541553-3205 or email: sarah.frank@wstribes.org

## Still time to experience boarding school exhibit

The Museum at Warm Springs exhibit Resilience: The Boarding School Experience of Warm Springs and beyond will be on display for one more month, until September 28. Next up at the museum will be the Twenty-Sixth Annual Warm Springs Tribal Member Art Exhibit, opening in October.

Resilience gives firsthand accounts of the boarding school experience, many in Warm Springs and Chemawa, and other stories from schools across Indian Country.

Some memories are heartfelt—some sad, some happy. Most important, the stories tell the truth, as remembered by students, now parents and



Year 1890 class at Warm Springs Indian Boarding School.

grand parents.

Accompanying the stories, with photos of the students, are items from the

boarding schools, collected from community residents, and some from the museum.

With one month left for

this exhibit, you do not want to miss the candid accounts of boarding school life, then and now.

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